




November 2018 Middle/High Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
			1 Orange Chicken w/ Brown Rice Chicken, Bacon, & Cheddar Ciabatta w/ Fries* Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	2 Beef and/or Cheese(V) Nacho Bar* Beef Empanadas w/ Spanish Rice Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple
5 Chicken Tenders w/Fries Beef Tornados w/ Queso Blanco Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	6 NO SCHOOL 	7 Charleston Chicken Sandwich* w/Fries Mashed Potato Bar (V/O) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	8 Orange Chicken w/ Brown Rice Salisbury Steak w/ Mashed Potatoes & Texas Toast Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	9 Beef and/or Cheese(V) Nacho Bar* Chicken & Waffles Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple
12 Chicken Tenders w/Fries Chicken, Bacon, & Cheddar Ciabatta w/ Fries* Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	13 Bacon Cheeseburger* w/Fries General Tso's Chicken w/ Brown Rice Yogurt Parfait Basket (V) 100% Apple Juice Pear	14 Charleston Chicken Sandwich* w/Fries Homemade Grilled Cheddar Cheese Sandwich w/ Fries(V) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	15 Chicken Tenders w/ Fries Turkey w/ Gravy Mashed Potatoes Cornbread Stuffing Seasoned Green Beans Honey Wheat Dinner Roll 100% Fruit Punch Juice, Banana Peach Cobbler	16 Beef and/or Cheese(V) Nacho Bar* Meatball Marinara Rotini Bowl (V/O) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple
19 Chicken Tenders w/Fries Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	20 Bacon Cheeseburger* w/Fries Yogurt Parfait Basket (V) 100% Apple Juice Pear	21  No School Fall Break	22  No School Fall Break	23  No School Fall Break
26 Chicken Tenders w/ Fries Sunrise Slammer Sandwich w/ Fries Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	27 Hebrew National All Beef Hot Dog w/Fries General Tso's Chicken w/ Brown Rice Yogurt Parfait Basket (V) 100% Apple Juice Pear	28 Charleston Chicken Sandwich* w/ Fries Cheesy French Bread w/ Marinara (V) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	29 Orange Chicken w/ Brown Rice Chicken, Bacon, & Cheddar Ciabatta w/ Fries* Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	30 Beef and/or Cheese(V) Nacho Bar* Beef Empanadas w/ Spanish Rice Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple

Offered Daily:
 Assorted Fruit,
 Celery, Carrots,
 Side Salad, & Hummus

***Toppings Bar**

(V) Vegetarian
 (V/O) Vegetarian
 Option

**Premium Meals
 Offered Daily
 \$3.50**

~Chicken Wings w/
 Texas Toast
 ~Pizza Bar (V/O)



Lunch Meal Price:

K-12 \$2.25
 Reduced \$.40
 Adult \$3.75
 Milk \$.50

**Nutrition Services
 Charleston County
 School District
 843-566-8180**

www.ccsdschools.com

Fat free white and chocolate milk and a variety of fresh seasonal fruits are offered daily in addition to the items listed.

CCSD is an equal opportunity provider and employer.

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